



MODERN ORTHOPEDICS

IAN BARRETT, MD
ORTHOPEDIC SURGERY
SPORTS MEDICINE

800 Pollard Road, Suite C30
LOS GATOS, CALIFORNIA 95032
TEL 408.353.0203
FAX 408.353.0204

POSTEROLATERAL CORNER RECONSTRUCTION PROTOCOL

Name: _____ Diagnosis: _____ Date of Surgery: _____

DOB: _____ Phone #: _____

Frequency: 1 2 3 4 times / week

Duration: 1 2 3 4 5 6 7 8 Weeks

Weeks 0-2:

- Brace at all times except for grooming (see below for ROM restrictions and brace settings)
- Toe touch weight bearing with brace in full extension when ambulating
- Brace locked in full extension when sleeping
- When not ambulating/sleeping, brace set 0-45 degrees when sitting/performing PT
- Quad sets/straight leg raises (with brace locked in extension); Patellar mobs, ankle pumps

Weeks 3-6:

- Continue toe touch weight bearing
- Brace set 0-90 when ambulating and at rest; may remove for PT/ROM exercises
- Quad sets/straight leg raises with brace until able to do without extension lag
- If no extension lag, can do quad sets/SLRs without brace
- No active isolated hamstring exercises; hip/core exercises while avoiding knee varus stress

Weeks 7-12:

- D/c brace and advance ROM as tolerated
- Begin 25% weight bearing increase by 25% every 5 days until full weight bearing by 8-9 weeks - d/c crutches when gait normalizes
- Limited closed chain resistance weight training (10 à 25% of body weight during leg press/mini-squat)
- Stationary bike, balance exercises, step-ups; progress hip/core work with avoidance of varus
- No active isolated hamstring exercises (curls)

Months 3-4:

- Advance closed chain strengthening/proprioception; isolated hamstring exercises ok
- Stairmaster, elliptical, advance stationary bike

Months 4-6:

- Progress to jogging and running progression, slideboard, single leg hops, plyometrics
- Sports specific drills with gradual return to sport (~6-9 months)

Signature _____

Ian J Barrett MD

Date: _____